

DINNERLY



Low-Cal Tofu and Snap Pea Stir-Fry with Brown Rice and Peanuts



30 minutes



2 Servings

Vegetarian? Vegan? Flexitarian? Or just looking for more plant-based meals? With peanut satay tofu, fresh sugar snaps and carrot stir-fried in a sweet ginger sauce, this will make your tastebuds do the happy (and healthy) dance!

WHAT WE SEND

- 125g brown rice
- 200g peanut satay tofu ^{1,5,6}
- 1 carrot
- 100g sugar snap peas
- 1 spring onion
- ginger
- 20g peanuts ⁵

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs soy sauce ⁶
- 2 tsp sugar
- 3 tsp vegetable oil

TOOLS

- medium saucepan
- fine grater (optional)
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 595kcal, Fat 23.0g, Carbs 66.5g, Proteins 26.2g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



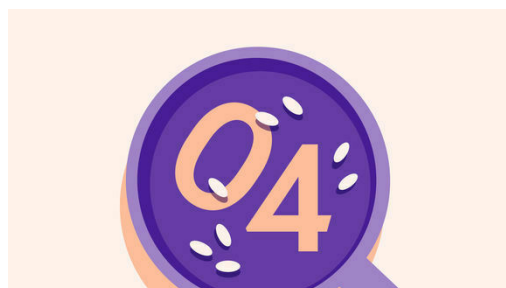
2. Prep ingredients

Meanwhile, cut the **tofu** into 1.5cm chunks. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Trim the stems from the **sugar snap peas**, removing the strings from one side. Thinly slice the **spring onion** on an angle, including the green part. Crush or finely chop **1 garlic clove**.



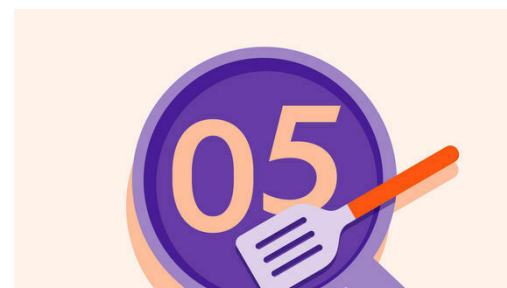
3. Make stir-fry sauce

Peel **half the ginger*** and cut into very thin matchsticks (see Kitchen 101) or finely grate. Put the ginger, **1½ tbs soy sauce**, **2 tsp sugar** and **2 tbs water** in a bowl and whisk to combine.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Cook the **tofu** for 1-2 mins each side until golden. Remove from the pan. Add **1 tsp vegetable oil** to the pan. Stir-fry the **carrot** for 4 mins, then add the **sugar snap peas** and **garlic** and stir-fry for a further 3 mins or until the veggies are tender but still with crunch.



5. Serve up

Add the **stir-fry sauce** and **tofu** and bring to the boil, then stir-fry for 1 min or until combined and warmed through. Remove the pan from the heat. Divide the **rice** and **stir-fry** among bowls. Scatter over the **spring onion** and **peanuts** and enjoy!



6. Kitchen 101

Cutting the ginger into thin matchsticks may take you a little longer than grating, but the resulting flavour makes it worth the effort. Make sure you use a very sharp knife.